

# CONCORDIA UNIVERSITY

## DEPARTMENT OF FITNESS RECREATION & ATHLETICS

SKILL DEVELOPMENT '90

VOLLEYBALL SOCCER RUGBY SWIMMING  
WRESTLING HOCKEY BADMINTON SKILL  
DEVELOPMENT BROOMBALL RECREATIONAL  
ATHLETICS TAI CHI YOGA FOOTBALL AEROBICS  
DANCERCIZE TAE KWON DO KARATE KUNG FU  
WEIGHT TRAINING BASKETBALL VOLLEYBALL  
SOCCER RUGBY SWIMMING WRESTLING HOCKEY  
BADMINTON SKILL DEVELOPMENT BROOMBALL  
RECREATIONAL ATHLETICS TAI CHI YOGA FOOTBALL  
AEROBICS DANCERCIZE TAE KWON DO KARATE  
KUNG FU WEIGHT TRAINING BASKETBALL  
VOLLEYBALL SOCCER RUGBY SWIMMING  
WRESTLING HOCKEY BADMINTON SKILL  
DEVELOPMENT BROOMBALL RECREATIONAL  
ATHLETICS TAI CHI YOGA FOOTBALL AEROBICS  
DANCERCIZE TAE KWON DO KARATE KUNG FU  
WEIGHT TRAINING BASKETBALL VOLLEYBALL  
SOCCER RUGBY SWIMMING WRESTLING HOCKEY  
BADMINTON SKILL DEVELOPMENT BROOMBALL  
RECREATIONAL ATHLETICS TAI CHI YOGA FOOTBALL  
AEROBICS DANCERCIZE TAE KWON DO KARATE  
KUNG FU WEIGHT TRAINING BASKETBALL  
VOLLEYBALL SOCCER RUGBY SWIMMING  
WRESTLING HOCKEY BADMINTON SKILL  
DEVELOPMENT BROOMBALL RECREATIONAL  
ATHLETICS TAI CHI YOGA FOOTBALL AEROBICS  
DANCERCIZE TAE KWON DO KARATE KUNG FU  
WEIGHT TRAINING BASKETBALL VOLLEYBALL  
SOCCER RUGBY SWIMMING WRESTLING HOCKEY  
BADMINTON SKILL DEVELOPMENT BROOMBALL

848-3858

# PROGRAMMES THAT FIT

Whether you are a beginner or an expert, Concordia's Skill Development sector has the programme you want. So enroll now in one or all of the activities listed below and improve your health, learn new skills and most of all---HAVE FUN.

## DANCE

In addition to a wide variety of aerobic/fitness courses the Department of Fitness, Recreation & Athletics offers a collection of exciting dance programmes. You may not be Fred Astaire, M.C. Hammer, Ginger Rodgers or Paula Abdul, but you can still come out and experience the joy of dance.

**Jazz:** If you can't seem to overcome the urge to shake and move, then this class is for you! A fun and exciting way to develop flexibility and coordination, jazz is the dance form commonly found in today's rock videos and in such classic Broadway musicals as *Cats* and *West Side Story*.

**Modern:** Isadora Duncan is credited with giving birth to this dance at the turn of the century. A very creative art form, modern dance stresses freedom of movement and self-expression.

Both the modern and the jazz classes will be taught by Andrea Palmer. Andrea brings a diverse and extensive dance background to the class. She has been studying many different dance disciplines since 1975. In 1983, she was awarded a scholarship to attend the National Ballet School and in 1987, she received the Gold Medal for her jazz solo at the Dance Canada Danse Gala National Finals. Presently, she is studying at the Dance Factory in Montreal.

**Ballroom Dance:** When you lead, do your partner's toes crumble? Do your flares end in painful shoulder dislocations? Do your flamboyant dips turn into disastrous drops? Well, don't despair. Help is on the way. Let Aranka Latincic, author of two popular books on dance and owner of her own dance studio, show you the joys of ballroom dance.

You will glide, sway, promenade, laugh and keep fit while learning the fundamentals to some of the world's most popular dances. Come alone, or bring a friend and have a ball stepping to the waltz, tango, foxtrot, cha cha, hustle, lambada and other dances.

**Classical Ballet:** A poetic, graceful and expressive dance form, ballet is a wonderful way to develop strength and stamina. Teaching the class for the sixth straight year is Elaine Aidelbaum. A very creative instructor, she brings fifteen years of experience to the class. During that time she has performed in more than 20 theatre and dance productions. Elaine is a bilingual instructor who is perfectly comfortable teaching students of all ages and skill levels.



# MARTIAL ARTS

Better health, improved concentration, heightened awareness of the mind and body, as well as the power to control stress are all things you can expect from the martial arts programmes at Concordia. Beginner or expert, we have what you need.

**Tae Kwon Do:** Join Michael Gregory as he teaches principles and techniques that will help you gain control over your mind and body. A former National Champion in tae kwon do, Michael has been studying the martial arts since 1970. He has international experience both as a coach and a competitor. In 1985, he coached the Iran National Team at the World Championships. The following year, he coached the national team from Venezuela at the world tournament.

Michael has been teaching at Concordia for over ten years. He provides courses for the novice and the advanced student.

**Kung-Fu (White Crane):** White Crane is an ancient form of combat that promotes health, self-defence and the cultivation of the mind and body. Instructor, Lorne Bernard, has been studying this discipline for eight years and operates his own school. His classes stress foot work, body coordination and hand techniques.

Bernard is the first non-Chinese instructor to be certified by fourth generation Grand Master Lee Kiang Ke. This year, Concordia is proud to announce that Master Lee Kiang Ke's son, Lee Joo Chian, will be a guest instructor in the programme between September and January. His contribution to the class will extend beyond his approach to skill development as he introduces students to a variety of Chinese customs and traditions.

**Tai-Chi:** Described as a moving meditation, this centuries-old Chinese exercise uses non-strenuous, soft flowing and relaxing movements to improve natural health, fitness and concentration.

Instructor Roger Ashton has been studying internal martial arts for ten years. His studies have taken him all over the world, including stops in Shanghai and Hong Kong. He has been teaching for nine years and looks forward to improving the student's powers of concentration and fitness.

**Karate:** Karate is a dynamic, complete exercise that develops agility, stamina, coordination, speed and self-confidence. Instructor Melarie Taylor, a Third Degree Black Belt, will increase the students level of fitness as she teaches this ancient Japanese defence technique.

Melarie received her MSc from McGill University in 1976. She worked in the Biology Department at Concordia University for five years before assuming her present position as the director of a private martial arts academy. In addition to improved karate skills, students can look forward to a fascinating cultural experience as they are introduced to Japanese traditions and language.

## SPECIAL FOCUS

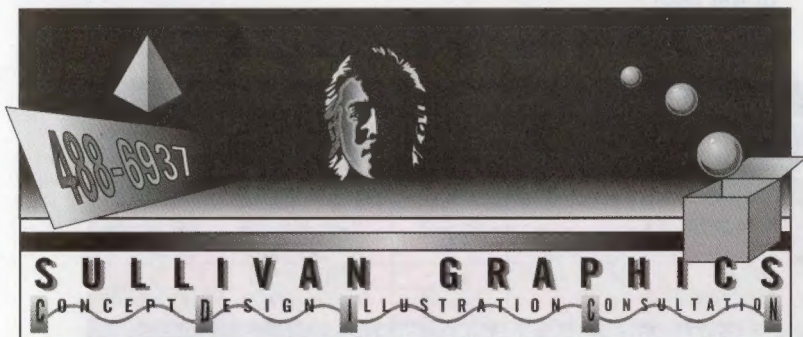
**YOGA:** Yes, stress can be controlled. Let Serge Lusignan introduce you to a unique and scientific way to cope with the pressures of everyday life. Recharge and relax through specialized stretching exercises and rhythmic aerobic movements. The result will be increased vigour and improved mental health.

Instructor Lusignan has studied in India for five years and has a Phd in Philosophy. He is a Second Degree Black Belt in tae kwon do and has extensive teaching experience in yoga and meditation. His services as a stress management consultant are also in high demand in the Montreal business community.

**WOMEN'S SELF-DEFENCE:** The reflex system of self-defence is a scientifically designed programme aimed at developing the knowledge and confidence needed to deal with hostile situations. The main philosophy is to promote flight rather than fight -- escaping from danger is always the best defense.

A number of effective counter-attack moves that exploit the weak points of the attacker's body will be demonstrated. These techniques are drawn from a variety of martial arts.

Stephen Quiblat, will instruct this course. He has a Bachelor of Science degree from Concordia and is a Black Belt in three different martial arts -- sikaran, tae kwon do and karate. He has had a varied and interesting career; including experiences as a D.J., a sports reporter and a musician.



488-6937

**SULLIVAN GRAPHICS**  
CONCEPT DESIGN | ILLUSTRATION | CONSULTATION

## ARANKA'S

### LES ÉTOILES DE LA DANSE

#### DANCE SCHOOL

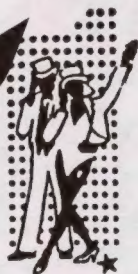
DANCE LESSONS FOR PLEASURE, PERFORMANCE OR COMPETITION  
AVAILABLE FOR ALL AGES AND LEVELS.

#### TAP, BALLET, BALLROOM AND JAZZ

FOR MORE INFORMATION CONTACT:

ARANKA LATINCIC SCHOOL DIRECTOR AT (514) 695-7240

ANNUAL YEAR-END RECITAL AT PLACE DES ARTS





## OTHER ACTIVITIES

Apart from the fitness and recreation activities outlined above, special events will take place during the upcoming year. Stay tuned for more information regarding the following programmes:

- girl's hockey school (ages 13 to 18);
- boy's hockey school;
- outdoor volleyball tournament;
- summer sports camps.

### REGISTRATION INFORMATION

Registration for courses takes place at the Recreational Athletics Office on the particular campus where the class is held and must occur within the dates and times listed below:

Fall Term (classes run for 12 weeks)

Registration period Sept 4 - Sept 21

Sept 17 - Dec 9 (course duration)

Winter Term (classes run for 12 weeks)

Registration period Jan 2 - Jan 18

Jan 14 - April 7 (course duration)

Holidays (classes cancelled)

Monday October 8 Thanksgiving

February 18 - 22 Midterm break (courses will run during this time)

Friday March 29 Good Friday

Monday April 1 Easter Monday

**Payment:** Be prepared to pay the appropriate fee upon registration (costs for all activities can be obtained by calling 848-3858 or 848-3860). Refunds are only available within a two week period from the date of initial registration or from the beginning of classes (which ever is the latter of the two).

Registration for both terms takes place during the dates listed, between 11:30 to 14:30 and 4:30 to 20:00.

## SCHEDULE

COURSE	DAY	TIME	INSTRUCTOR	PLACE
--------	-----	------	------------	-------

### DANCE COURSES

CLASSICAL BALLET	T,TH	18:00-19:30	ELAINE AIDELBAUM	VICTORIA GYM
JAZZ	(FALL TERM)	T.B.A.	ANDREA PALMER	T B A
MODERN	(WINTER TERM)	T.B.A.	ANDREA PALMER	T B A
BALLROOM DANCE	FRI	18:00-20:00	ARANKA LATINCIC	VICTORIA GYM

### MARTIAL ARTS AND SPECIAL FOCUS

TAE KWON DO BEGINNER	M,W FRI	19:30-20:30 20:00-21:00	MIKE GREGORY	VICTORIA GYM
ADVANCED	M,W FRI	19:30-22:30 20:00-22:30	MIKE GREGORY	VICTORIA GYM
KARATE	TH SUN	20:00-21:30 17:00-20:00	MELARIE TAYLOR	LOYOLA GYM
KUNG-FU	M,W,F	18:00-19:30	LORNE BERNARD	T B A
TAI CHI	M,W	18:00-19:30	ROGER ASHTON	VICTORIA GYM
WOMEN'S SELF-DEFENCE	SAT	9:30-11:30	STEVE QUIBLAT	VICTORIA GYM
YOGA	M,W	18:00-19:00	SERGE LUSIGNAN	LOYOLA HIGH SCHOOL



**MORT  
DE RIRE  
DROP  
DEAD**  
MEILLEURS VOEUX  
BEST WISHES Inc.

## PRACTICAL JOKE AND HUMEROUS GIFT SHOP

DO YOU FEEL STRESSED OUT?  
COACH CUT YOU?  
WEREN'T INVITED TO THE PARTY?  
WOULD YOU LIKE TO PLAY A PRACTICAL  
JOKE ON A PROFESSOR OR ON A FRIEND?  
WOULD YOU LIKE TO GET EVEN WITH THE  
CORRECTIONS DEPARTMENT FOR FAILING YOU?

WELL THEN, CALL DROP DEAD BEST WISHES, MONTREAL'S LARGEST JOKE DELIVERY SERVICE SPECIALIZING IN PRACTICAL JOKES. WITH QUALIFIED ACTORS POSING AS ANYTHING FROM BALIFFS AND P.I.'S TO FAKE CLIENT'S AND FAN CLUBS (OR ANYTHING ELSE IMAGINABLE), MORT DE RIRE WILL SET UP A SKIT TO FOOL ANYONE, ANYWHERE AT ANYTIME. FINALLY A CANDID CAMERA FOR EVERYONE. COME VISIT OUR STORE TO SEE SOME OF MONTREAL'S MOST UNIQUE GIFT IDEAS. MORT DE RIRE ALSO OFFERS A JOKE DELIVERY SERVICE WITH A HILARIOUS PERSONALIZED POEM AND BALLOONS. FOR THOSE OF YOU WHO ARE JUST PLAIN FRUSTRATED, TRY VENTING THOSE FRUSTRATIONS THROUGH MORT DE RIRE'S REVENGE SERVICE. SEND THAT SPECIAL SOMEONE A GIFT TELLING THEM HOW YOU REALLY FEEL. ASK ABOUT OUR LAWN SERVICES, PINK FLAMINGOS OR FOAM TOMBSTONES. WE HAVE FESTIVE BALLOONS FOR ALL OCCASIONS. SO THIS SCHOOL YEAR DON'T GET DOWN, MORT DE RIRE HAS FUN IDEAS FOR EVERYONE. CREATIVE FUN FOR TODAY'S WORLD WITH THE BEST PRICES IN TOWN.

**BEWARE YOU MAY BE THE NEXT VICTIM OF MORT DE RIRE!**

### 24 HOUR DELIVERY STORE HOURS

MON - TUES	9 AM - 7 PM
WED - FRI	9 AM - 9 PM
SAT -	9 AM - 5 PM

CALL 7 DAYS A WEEK 9 AM - 9 PM

**DON'T GET MAD - GET EVEN  
FOR MORE INFORMATION CALL A  
REPRESENTATIVE AT**

**369-0691**

5106 C SHERBROOKE OUEST, MONTREAL, QC H4A 1T5

69

